

Please answer these questions honestly in the spaces provided and bring this form back to your next session.  
Please use more paper if you need to.

1. What do you want to get out of coaching?

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2. What motivates you?

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3. How do you tend to sabotage yourself?

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4. How do you best learn? What is your learning style?

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5. How do you release stress?

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6. How do you enjoy yourself?

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7. What do you do to look after yourself on a regular basis?

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8. What do you think are the weak points in your life?

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9. What are your strong points?

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10. What have you given up on in life? (I.e. I'll never be fit or I'll never meet a great partner!)

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11. When were you happiest in your life? Why?

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12. When were you unhappiest in your life? Why?

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13. If you could have anything in the world what would it be?

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14. What do you want the rest of your life to be about?

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